



JEWISH SPIRITUAL GUIDANCE, DIRECTION and COMPANIONSHIP

With Hazzan Toby Lou Hayman,

Spiritual Director, Spiritual Leader, Central Synagogue of Chicago

What is Spiritual Direction?



It is a way of being a companion to others and helping them to recognize how the ordinary events in our lives are evidence of the presence of God and the way God tries to reach us. It is spiritual companionship. It is a way to guide someone who is searching for a relationship with God. It nourishes the soul and touches the heart. It also helps with the longing we have to deepen and renew connection with God. Like meditation, spiritual direction is an age-old but little known practice in Judaism.

What can Spiritual Direction do for you?

In the noise of our world it can be a challenge to find the silence, and take in the precious moments of our lives. Stop right now, for just a moment and take a breath. Be present in this moment.

- Are you searching for something more in your life?
- ◆ Do you feel there is a greater purpose?
- ◆ Do you want peace on a day-to-day basis?
- ◆ Are you searching for a relationship with the Divine?
- ◆ Are you trying to discern what to do with life's challenges?
- ◆ Do you need to talk with someone?
- ◆ Do you find prayer helpful?
- ◆ Are you a seeker?

These are questions that spiritual guidance can answer for you. We can find God's Presence and explore the meaning of our lives when we open our hearts and souls in the practice of spiritual direction.

How Does It Work?

The spiritual director listens attentively and contemplatively. She/he helps discern what God wants of us and to sustain the connection to the Divine in our lives.

The spiritual director helps a seeker see more clearly how God is working in his/her life.

The process of Spiritual Direction is an invitation to find and strengthen connections.

The guide and the seeker usually meet monthly. This process, which is completely confidential, helps us to find and enter into our own house of God, and to feel that God is always with us wherever we are.

Spiritual direction helps us to care for our spiritual lives as much as we care for our physical well-being and our material needs and aspirations.

Our desire for a new light and direction in our lives can be found when we enter the world of spiritual guidance with a companion who is a spiritual director, who is trained to listen to our longings and to help in our search for meaning.

Individual Sessions: In-person at the Synagogue, in Hazzan Hayman's home, or by phone or Skype, with 1 hour appointments every 3 to 4 weeks.. Working together, we decide on the best path and time frame to travel together .

Group Sessions at Central Synagogue: Typically, 4 sessions are scheduled approximately 2-3 weeks apart for a duration of 60-90 minutes each. (Limited to 3-6 people).



For More Information Contact Hazzan Toby Lou Hayman:
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